



EAP Workshops: State of Vermont Workforce

Managing Stress, Building Resiliency

How is stress impacting your work life, home life and health? Take the opportunity out of your busy workday to bolster your resiliency. You will learn about and practice techniques for minimizing the impact of stressors on your wellbeing. During this 1.5 hour workshop, you will...

- Gain a better understanding of stress.
- Learn to notice when you are stressed before stress takes over your body and mind.
- Learn stress management and reduction strategies to use in your daily life.
- Choose a stress management tool that you will use.
- Have fun!

Getting to Win-Win

This workshop introduces you to skills used in resolving differences. Our focus is on creating intention, being a listening presence, active listening and creating solutions collaboratively. A win-win solution is one which benefits all parties involved.

This 1.5-hour workshop is useful for anyone who deals with differing opinions or conflict in any aspect of life. Employees, supervisors and managers in all divisions and at all levels of state government can benefit from this introductory workshop.

Rethinking Change

While workplace or personal change presents opportunity, it is often fraught with feelings of disequilibrium, fear of the unknown, anxiety and stress. This workshop is *most* useful to workgroups or individuals anticipating *future* change or reflecting on *past* change. When we are in the *middle* of rapid change, we are busy coping with the feelings associated with the disruption, and we may be less present for "thinking" about different ways of responding to change.

In this 1.5-hour workshop, participants practice skills and develop coping strategies to increase their options when responding to change.

Paying Attention Within

This fun 45-minute workshop provides experiential well-being exercises leading to deep relaxation, self-reflection and an intention to insert specific self-care activities into employees' work and personal lives.

Preventing and Defusing Anger and Hostility

This 1.5-hour workshop aims at training the public sector employee for unpredictable 1-1 situations in which they may find themselves while serving the public needs. This workshop will increase your understanding of how and why customers escalate and provide you with a communication model proven useful in defusing anger and hostility. Discussion and exercises around special circumstances pertinent to the target workgroup will be emphasized.

Please note that this is an introductory/review workshop for defusing and is not meant to replace crisis response training. Further training and practice is required for complete acquisition of de-escalation skills.

EAP Notes of Interest for Vermont State Employees

24 workshops per year are covered in the State of VT EAP contract. These are scheduled regionally and also per special request for large worksites. Beyond the 24, workshops are \$450 each per 1.5 hours.

- To reach a counselor 24/7: Call 1-888-834-2830
- To schedule a workshop: Call 1-888-392-0050 or 802-951-5156
- EAP website: www.investeap.org password: vteap